

PROST.  
aid®

Living with Prostate Cancer in  
Leicestershire, Rutland and Northamptonshire  
Reg. Charity No. 1116935

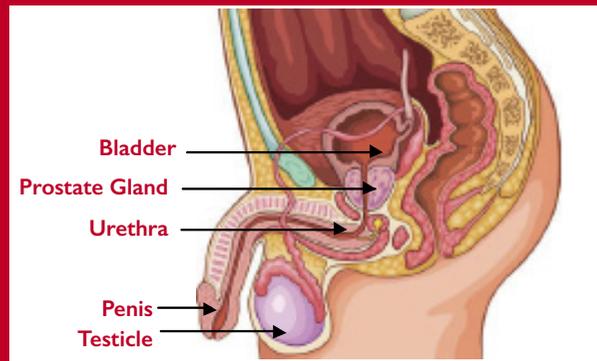
IT'S A MAN®  
THING!



## Where's my prostate?

Your prostate gland is about the size of a walnut. It fits snugly in the pelvis, right under the bladder and surrounds the tube you urinate through (the urethra).

It can sometimes affect the way you pee.



## What's my prostate for?

Situated virtually at the central hub of a man's urinary and reproductive tracts, it produces "nourishing bathing fluid" for the sperm in the semen.

## OK so what's the risk of cancer?

Prostate cancer usually quietly develops over a number of years, often with no symptoms. Although sometimes found in men in their 40's it is mostly diagnosed in men in their 50's and 60's. Unfortunately, sometimes it will have spread out of the prostate gland. We believe it is very important to get men checked out from 50 years in order to find the cancer early before it has spread. This makes treatment easier, less invasive and more successful. Not all men, will suffer with prostate cancer but over 47,700 are diagnosed annually. That's around 130 every day.

UK incidence rates of prostate cancer since 1990 have increased by 44% (Nov 2018 CRUK)

## Where's my prostate?

Many men with prostate problems don't get any symptoms at all. However, if you have difficulty peeing it may mean you have a prostate problem (not necessarily cancer), that needs looking at by your GP.

### Things to spot:

- Getting up more than once a night
- Urgency in needing to pee
- Poor flow, hesitancy a feeling of still wanting to empty after you have finished
- Low back pain

1 in 8 men in their lifetime will have problems with their prostate.

1 in 4 black men in their lifetime will have problems with their prostate

## Are there men who are at a higher prostate cancer risk?

Yes if you have one first degree relative (father, brother, uncle) or your mother had breast cancer your risk of prostate cancer increases by 3 times, by 5 times if you have two relatives and if you are unlucky enough to have 3 relatives, by 8 times. 9% of prostate cancers, are inherited.

If you are an black African or African Caribbean man your risk increases by 3 times.

### Over 50?

Get yourself checked out. Early diagnosis of prostate cancer can dramatically affect the outcome.

PROSTaid®

## What is PROSTaid?

- We are a local charity, run by prostate cancer patients, their families, friends and medical professionals.
- We are funding dedicated prostate cancer nurses in Leicestershire & Northamptonshire hospitals.
- We run support groups to give care and help and information for patients.
- We provide funding to advance new treatments and concepts.
- Our mission is to raise awareness so that this cancer is spotted earlier and can be treated effectively.
- We rely entirely on donations and bequests to continue our work and receive no government funding.

## Help & Support

PROSTaid monthly support groups in Leicestershire & Northamptonshire are run by volunteers who themselves have experienced prostate cancer and want to help, patients and their partners.

- Leicester Social Support Group
- Birstall Support Group,
- Melton Support Group,
- African/African Caribbean: All black gentlemen of African Heritage
- Northampton Prostate Cancer Support Group (working with PROSTaid)

PROSTaid prostate cancer nurses as well as local consultants and oncologists and health professionals visit our groups regularly to give their help, advice and support.

Times & dates of meetings of support groups see [www.prostaid.co.uk](http://www.prostaid.co.uk)

**Patient Helpline 0844 8007801**

Information about the charity please visit our website or email us

[www.prostaid.co.uk](http://www.prostaid.co.uk)

[info@prostaid.co.uk](mailto:info@prostaid.co.uk)

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